



40+ pages program

FITNESS EBOOK ~~template~~

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DAY ONE: LEG DAY



Exercise Name: Lunges **Level:** Beginner **Duration:** 10 min

Start in a standing position with feet shoulder-width apart. Step forward with one leg, bending both knees at a 90-degree angle. Push off with the front foot to return to the starting position. Repeat on the other leg.



Exercise Name: Squats **Level:** Beginner **Duration:** 10 min

Stand with feet shoulder-width apart. Bend your knees and lower your body into a squat position, keeping your back straight. Push back up to the starting position.



Exercise Name: Glute Bridges **Level:** Beginner **Duration:** 10 min

Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the sky, squeezing your glutes. Hold for a few seconds before lowering back down.



Exercise Name: Deadlifts **Level:** Beginner **Duration:** 10 min

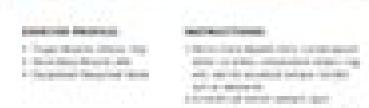
Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Bend at the waist, keeping your back straight, and pull the barbell up towards your hips. Push through your heels to return to the starting position.

EXERCISE GUIDE



Exercise Name: Plank **Level:** Beginner **Duration:** 10 min

Get into a high plank position with your body in a straight line from head to heels. Hold for as long as you can, breathing deeply.



Exercise Name: Push-ups **Level:** Beginner **Duration:** 10 min

Start in a high plank position. Lower your body towards the floor, keeping your core engaged and your head in line with your spine. Push back up to the starting position.



Exercise Name: Mountain Climbers **Level:** Beginner **Duration:** 10 min

Get into a high plank position. Bring one knee towards your chest, then immediately extend it back out. Alternate legs for a cardio-style exercise.

MEET YOUR TRAINERS



Trainer Name: Sarah Johnson **Level:** Beginner **Duration:** 10 min

Sarah is a certified personal trainer with over 5 years of experience. She specializes in creating effective workout plans for beginners and helping them reach their fitness goals. She is known for her positive attitude and encouraging words.



Trainer Name: Michael Williams **Level:** Beginner **Duration:** 10 min

Michael is a certified personal trainer with over 5 years of experience. He is a certified nutritionist and focuses on creating balanced meal plans for his clients. He is known for his friendly personality and positive attitude.

5 DAY WORKOUT PLAN



Day 1: Leg Day



Day 2: Back Day



Day 3: Chest & Triceps



Day 4: Core Day



Day 5: Rest Day

WELCOME!



NUTRITION TIPS

1. [Consume more whole foods, including fruits and vegetables.](#)
2. [Limit processed foods, including sugary snacks and fast food.](#)
3. [Stay hydrated by drinking plenty of water throughout the day.](#)
4. [Consume lean protein sources, such as chicken, fish, and legumes.](#)
5. [Consume healthy fats, such as avocados, nuts, and seeds.](#)

DAY FOUR: CHEST & TRICEPS



Exercise Name: Dumbbell Bench Press **Level:** Beginner **Duration:** 10 min

Lie on a bench with a dumbbell in each hand. Push the dumbbells up towards the ceiling, keeping your arms straight. Lower them back down to the starting position.



Exercise Name: Dumbbell Flyes **Level:** Beginner **Duration:** 10 min

Lie on a bench with a dumbbell in each hand. Push the dumbbells out to the sides, keeping your arms straight. Lower them back down to the starting position.

WARM UP EXERCISE



Exercise Name: Dynamic Stretching **Level:** Beginner **Duration:** 10 min

Perform a series of dynamic stretches, such as arm circles, leg swings, and high knees, to warm up your muscles and increase blood flow.



Exercise Name: Jumping Jacks **Level:** Beginner **Duration:** 10 min

Stand with feet shoulder-width apart. Jump up, bringing your arms over your head. Land softly and immediately jump again, this time bringing your arms down to your sides.



Exercise Name: High Knees **Level:** Beginner **Duration:** 10 min

Stand with feet shoulder-width apart. Lift your knees high towards your chest, keeping your core engaged. Alternate legs for a cardio-style exercise.

4 DAY WORKOUT PLAN



Day 1: Leg Day



Day 2: Back Day



Day 3: Chest & Triceps



Day 4: Core Day

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Fitness For Dummies Suzanne Schlosberg,Liz Neporent,2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

The Home Workout Plan for Beginners Dale L. Roberts,2021-05-17 You know you should workout But you re not sure where to start What if you had all the info you need to start working out Imagine getting a short yet realistic workout program for beginners Then this book is your solution From the author of The 90 Day Home Workout Plan comes the ultimate fitness guide for beginners Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners Would you rather workout to your detriment Or exercise responsibly according to your fitness level With 8 different workouts you ll find everything you need to start working out and get sustainable results In The Home Workout Plan you ll discover How you don t have to feel excessively sore or tired after workouts Why short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results now You ll love this book because it ll have you feeling good and looking great in no time

33 Strength and Fitness Workouts for Horses Jec Aristotle Ballou,2024-07-15 The go to reference for riders and trainers aiming to improve equine conditioning in ways that are strategic engaging and fair to the horse For just about everything we do with horses from trail riding to top level competition a healthy state of fitness is key to both performance and longevity Every horse will go better for longer if his mind and body are well prepared for the ask When it comes to improving fitness whether for humans or animals the success of an exercise relies on dosage How an exercise is applied the duration and frequency of execution and the weekly schedule within which it is incorporated determine its impact on fitness Equine training and conditioning expert Jec Aristotle Ballou has now provided a book that takes the guesswork out of fitness gains It clarifies how long and frequently to do a particular exercise and provides guidance in how to combine it with others for best results The result is maximized

health and athleticism in the horse. The 33 workouts in these pages help accomplish the performance goals that many riders strive for but fall short of reaching stronger, more agile and more balanced horses. They do this by circumventing the tension both physical and mental that often spoils conditioning attempts made within a discipline specific or skill based training session. By providing the right amount of stimulus while avoiding boredom, fatigue and habituated neuromuscular patterns, Ballou's workouts lead to positive physiological gains. Her plans include ways to measure a horse's current fitness, guidelines for active and passive rest, basics for stretching, warming up and improving mobility, unique groundwork that keeps both you and your horse engaged, hill hikes and terrain tests with multiple benefits, suggested schedules for basic fitness goals as well as special considerations for young horses and trail riders. With easy to follow step by step instructions and clear illustrations, this book is a fundamental piece of any conscientious rider's training plan and a key component to keeping horses performing happily for more years of their lives.

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fitness and nutrition it's all so confusing. Which experts should you believe? What programs should you follow? What and when should you eat? Is weight training really necessary for getting in shape? The exhausting information overload in this area has never been more contradictory, confusing, and even dangerous. Well, this is the book that can clear up all that confusion and conflicting information. The training tips and philosophy presented here by world renowned bodybuilder Frank Sepe will reveal everything you've ever needed to maximize your body's full potential. The truth is harder to deliver than it may seem at first. Imagine the answers the truth will unlock. The truth about training techniques. The truth about nutritional information. The truth about women and training. And the truth about cardio's effects.

Workout Log Book: Fitness Notebook, Bodybuilding Journal, Physical Fitness Journal, Workout Training Logbook Unique Journals, 2019-03-19

Are there times you have walked into the gym or fitness center without a clear plan of what you wanted to do? Did you complete your last workout efficiently? Or did you skip out on some exercises and sets because you simply weren't in the mood? Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out of our fitness routine. We want to help you have a better understanding of how you progress so we designed this workout logbook to be useful. The workout log can reveal patterns of strength development, weight change, mental attitude, overtraining, and plateaus clearer than even your most committed training partner. It's a great teaching tool. With a workout journal you can track every session, every set, and every rep you do in the gym. The journal can become a blueprint of what works for you. Easy To Use Keeping a detailed journal is a practice you'll be grateful for in the long run. The more information you write down, the more useful it will be. Great Size With its 21.5 x 27.94 cm / 8.5 x 11 dimensions you can squeeze it into a workout bag with ease. Lightweight and durable, it's the perfect size to carry. Handy and accessible, it's a great companion during your gym workouts. Awesome Covers To top it all we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. This fitness journal is great for keeping a log of your daily or weekly exercise routine so you can track your progress. Keep motivated, exercise harder, create better goals, and get better results with your training. Tuck it in your training bag and start a journal of what you are doing today.

The Home Workout Handbook Raza Imam, 2018-02-20

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examples The accompanying fun and interesting exercises let you practice practice practice what you have learned The lessons are short so you can complete them in twenty minutes or less and you can go at a pace that works for you THIS WORKBOOK WILL HELP YOU UNDERSTAND Saber vs conhacer Verb tenses Essential vocabulary Superlatives Nouns Adjectives Sentence structure and more Whether you are learning on your own or taking a beginning Portuguese class Practice Makes Perfect Basic Portuguese will help you build your confidence in your new language **100 Gym Workout Routines** Muscle Trainer,2016-10-22 Many gym goers want to get a beautiful body but do not know how to do They do not know how it functions and the type of training Sometimes they encounter a personal trainer too superficial and other times they are at the mercy of misconceptions Form their own culture to buy ebook on fitness begin to understand the mechanisms behind the muscle growth will allow you to get close to success and to those who are your targets In this ebook you will find 100 training cards for the gym on weight loss the definition on the strength and mass Finally you are able to solve many of your doubts PLEASE NOTE The training programs provided are for informational and educational purposes only They do not constitute medical advice and are not a substitute for the opinion of a doctor physiotherapist or other qualified healthcare professional In the absence of medical conditions it is recommended to consult a certified personal trainer Before starting any training program or making lifestyle changes it is strongly advised to consult your doctor especially in the presence of medical conditions previous injuries or special circumstances e g pregnancy The user assumes full responsibility for the use of the training plans and any advice contained within The author is not liable for any injuries damages or adverse effects resulting from the self application of the proposed programs Results may vary based on individual factors such as age health status consistency nutrition and genetics No results are guaranteed **Workout Journal** Hang Worknote,2018-05-28 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals Track weekly monthly and yearly plans Plan your daily diet with meat vegetables milk and more The exercise section allows you to keep track of your body and weights to ensure you re on the path to a healthier Premium matte cover design Printed on high quality interior stock Light weight Easy to carry around Made in the USA **Hybrid Training** Nick Nilsson,2012-02 Have you ever wondered how to REALLY maximize every single moment of every single rep of every single set to build muscle and strength FASTER Standard exercise technique is NOT the answer If you re interested in maximum strength and muscle building standard form reps are NOT the most efficient way to train Regular reps don t optimize muscle tension from start to finish Hybrid training does Hybrid Training is THE single most powerful and outside the box fitness and muscle building technique ever developed This book will have you using multiple types of resistance AT THE SAME TIME to more fully work the target muscle with NO ADDITIONAL EFFORT If you re serious about your training you NEED the information in this book It s going to save you days months and even YEARS of wasted time and effort **Fitness and Food Journal: Exercise Log Book with Food Journal: Record Your Fitness Workouts & Measurement** Body Roger H.

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